

# Frequently Asked Questions:

1. What is VDM ?  
*Vishwa Dharma Marathon. This is an yearly event that is conducted by HSS at the EML level from the shareerik team. This includes all the EML countries.*
2. What does EML stand for?  
*EML stands for European Main Land.*
3. Does one need to be in the EML region to participate in this marathon ?  
*Yes, the event is for the participants from the **EML region only**.*
4. What is the aim of this event ?
  - a. *Health - Motivate ourselves and the society at large for a better healthy life with fitness activities. Move Your Body, Shape Your Future.*
  - b. *Competition - Make it cheerful, sporty and challenging so that people can compete healthily and keep themselves healthy (as human nature is to compete)*
5. How often does this happen ?  
*Every year in summer (Around May to August)*
6. What activities are included in VDM?
  - a. *Running,*
  - b. *Cycling,*
  - c. *Walking*
  - d. *& Swimming*
7. How can I track the KMs for the activities?  
*Using apps of personal choice like strava, google fit etc or digital watches*
8. How can one submit the activities tracked for VDM?  
*Activities can be submitted using google form (will be shared before the event starts)*
9. How frequently the activities can be submitted?  
*Ideally as soon as one completes the activity, it can be inserted to the google sheet. General guideline is that it will be good if one can submit the activity once a day.*
10. If someone has performed 2 or more activities in a single day, then how can those be entered in the google form.  
*Every activity needs to be submitted separately. Submit the google form for each activity once.*

*e.g. If some one performs running & cycling on the same day then submit the google form twice. Once for running, once for cycling.*

11. Should we count / track all movements including our personal household activities

*Please try to only record the activities aimed at VDM. I.e. It's preferable that you dedicate 1km for VDM rather than just walk for buying grocery & then record the steps you walked while buying grocery. Purpose here is that we are doing conscious efforts to keep ourselves fit and healthy.*

12. Is it required to keep the record of the activities in any app or is it just ok to enter the google sheet.

*We would request you to record the activities in any of the fitness app of your liking. And subsequently remember to enter them in google form. If you are within Top 10 performers within any activity, then personally saved records will help us to contribute towards increased transparency and accuracy. Also it shows our dedication and serious efforts to keep ourselves fit and healthy.*

13. How can we record the km's for our childrens?

*Please submit a separate entry for the activities performed by your children.*

*Note: Parents, if the childrens do not have a separate email id, its ok. Please use your email id for your child's google form entry. But it is important for you to use the same name every time while submitting the form for you and your child. This will help us to keep your activity km accurate and up to date.*

14. Last year we had this tracked using the strava app. Why are we additionally bringing in google sheets this year?

*As a learning from last year, there were some friends who used different fitness apps (other than Strava), and few of our participants even didn't had the Strava app (or had difficulty with the app). Hence as a conscious decision, the admin team has recommended to have google forms as the medium of recording and reporting.*

*Last year with VSM, we used "Strava", to measure the kms. Although it was a good initiative and it was easy to track, the feedback from some of our friends was, they had some technical difficulties in recording. Hence this year we have come to you with TRUST.*

*VDM is an activity for our own benefit. Everyone of us, are putting a lot of effort to earn these miles. Kindly be honest to yourself while inserting the data to google form.*

- 1. Kindly use the google form judiciously.*
- 2. Try and enter the activity soon after you do the activity or latest by end of day.*

3. *Kindly avoid back dated entries, as it makes it difficult for the backend support team to rearrange, report etc.*
4. *Kindly avoid to insert any back dated entries from prior to 15th May. So far support team has been removing them manually.*

15. Who can participate in the activity?  
*Any one in the EML region.*

16. How can I register my activity?

It will be in two steps:

1<sup>st</sup> Step – Use any of your fitness apps to record your activity (i.e Strava)

2<sup>nd</sup> Step - Use this google form to update the kms. After every activity please fill the google form (Link - <https://forms.gle/9rd5J5TZECAsCYEs9>)

We would like to encourage you to participate, share your experience with your family, friends and colleagues. The entire event recording is based on TRUST. Its for our own individual health and fitness, hence we count on each one of you.

Enjoy your activity, motivate your friends to contribute.

Most important - Every Step Counts !!!